

Independent LIVING January 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|---|
| <p>LEGEND: AR = ARTS & CRAFTS ROOM AL = ASSISTED LIVING AC = AQUATIC CENTER BR = BILLIARDS ROOM C = CAFÉ CH = CHAPEL CL = CLUB ROOM C3 = C WING, 3RD FLOOR</p> | <p>CR = CARD ROOM CR2 = CONFERENCE ROOM DR = DINING ROOM FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY L = LOBBY PR = POKER ROOM PX = PICKLEPLEX</p> | <p>Please sign up at Front Desk for all items listed in blue and load bus 15 minutes early.</p> <p>Please sign up at Front Desk for all items listed in bold.</p> | <p>6:30 Music w/Marge (L) 1</p> <p>HAPPY New Year 2025</p> <p>New Year's Day</p> | <p>10:15 Circuit Training (FC) 2 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)</p> <p>HOLIDAY CLEAN-UP</p> | <p>9:45 Basic Aerobics (FC) 3 10:00 HUNTSVILLE MUSEUM OF ART & LUNCH AT PAN E VINO 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p> <p>HOLIDAY CLEAN-UP</p> | <p>8:30 Pickleball (PX) 4 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Legend of Bagger Vance, PG-13 (CL)</i></p> |
| <p>11:00 Neurobics 5 Mental Exercises (AR) 3:00 Sunday Concert: <i>Jackson Love (CL)</i></p> | <p>9:30 Gentle Stretching (FC) 6 9:30 Wii Bowling (BR) 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 1:30 Food Committee (C) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 In Stitches (AR) 3:30 Bingo (CL) 6:45 Mah Jongg (CR)</p> | <p>8:45 Back Stretch 7 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Resident Council Planning Committee (CR) 3:00 Bridge (CR) 3:30 Line Dance FC) 7:00 Tuesday Trivia (CR)</p> | <p>8:30 Hearing Aid Cleaning (AR) 8 9:30 Southside Presbyterian Prayer Service (CH) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:15 Abraham Lincoln (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course: Vietnam War (CL) 6:30 Music w/Marge (L)</p> | <p>8:45 Back Stretch 9 (FC; sign up only) 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00-4:00 Sketch & Paint (AR) 7:00 Bible Study (CL)</p> <p>HOLIDAY CLEAN-UP</p> | <p>9:30 FESTIVAL OF CRANES & LUNCH 10 9:45 Basic Aerobics (FC) 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:30 Wine & Cheese Mix & Mingle (CL) 6:30 Hand & Foot (CR)</p> | <p>8:30 Pickleball (PX) 11 2:30 Rummikub (AR) 7:00 Movie Night: <i>Catch Me if You Can, PG-13 (CL)</i></p> |
| <p>11:00 Neurobics 12 Mental Exercises (AR) 2:30 Opera in the Club Room: <i>Barber of Seville (CL)</i></p> | <p>9:30 Gentle Stretching (FC) 13 9:30 Wii Bowling (BR) 10:00 KROGER 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 In Stitches (AR) 3:30 Bingo (CL) 6:45 Mah Jongg (CR)</p> | <p>8:45 Back Stretch 14 (FC; sign up only) 9:15 Rock Steady (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Resident Council (CL) 2:45 Blood Pressure Checks w/AMT (L) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> | <p>9:30 Southside Presbyterian Prayer Service (CH) 15 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign up only) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course: Vietnam War (CL) 6:30 Music w/Marge (L)</p> | <p>8:45 Back Stretch 16 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 2:00 "Ramblings of a Renegade Retiree" Book Presentation 7:00 Bible Study (CL)</p> | <p>9:45 Basic Aerobics (FC) 17 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:30 Penny Auction (CL) 6:30 Hand & Foot (CR)</p> | <p>8:30 Pickleball (PX) 18 2:30 Rummikub (AR) 4:00 UAH BASKETBALL GAME 7:00 Movie Night: <i>The Bucket List, PG-13 (CL)</i></p> |
| <p>11:00 Neurobics 19 Mental Exercises (AR) 3:00 Sunday Concert: <i>Alan Little (CL)</i></p> | <p>9:30 Gentle Stretching (FC) 20 9:30 Wii Bowling (BR) 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:00-3:00 PARKWAY PLACE MALL 1:30 Basic Aerobics (FC) 1:45 WALMART 3:00 In Stitches (AR) 3:30 Bingo (CL) 6:45 Mah Jongg (CR) Martin Luther King Jr. Day</p> | <p>8:45 Back Stretch 21 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 3:00 Bridge (CR) 3:30 Line Dance (FC) 6:00 Dementia Support Group (CL) 7:00 Tuesday Trivia (CR)</p> | <p>9:30 Southside Presbyterian Prayer Service (CH) 22 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 11:00 Chorus (CL) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 2:00 Recycling Committee (CR) 3:30 Great Course: Vietnam War (CL) 6:30 Music w/Marge (L)</p> | <p>8:45 Back Stretch 23 (FC; sign up only) 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Soup Cookoff (CL) 7:00 Bible Study (CL)</p> | <p>9:45 Basic Aerobics (FC) 24 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p> | <p>8:30 Pickleball (PX) 25 2:30 Rummikub (AR) 7:00 Movie Night: <i>Big, PG (CL)</i></p> |
| <p>11:00 Neurobics 26 Mental Exercises (AR) 3:00 Sunday Concert: <i>Cheryl Wade (CL)</i></p> | <p>9:30 Gentle Stretching (FC) 27 9:30 Wii Bowling (BR) 10:00 PUBLIX 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 In Stitches (AR) 3:30 Bingo (CL) 6:45 Mah Jongg (CR)</p> | <p>8:45 Activities Committee (CR) 28 8:45 Back Stretch (FC; sign up only) 9:15 Rock Steady (FC) 9:30 Catholic Mass (CR) 10:00 & 2:00 Tim Royer Presentation: "The Power of Your Amazing Brain" 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Landscaping Committee (CR) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> | <p>9:30 Southside Presbyterian Prayer Service (CH) 29 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign up only) 12:00 Birthday Lunch (DR) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course: TBD (CL) 6:30 Music w/Marge (L) Chinese New Year</p> | <p>8:45 Back Stretch 30 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 New Year, New Me Fashion Show (DR) 7:00 Bible Study (CL)</p> | <p>9:45 Basic Aerobics (FC) 31 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:30 Wine & Cheese: Hollywood Theme w/The Swing Kings (CL) 6:30 Hand & Foot (CR)</p> |  <p>REDSTONE VILLAGE</p> |